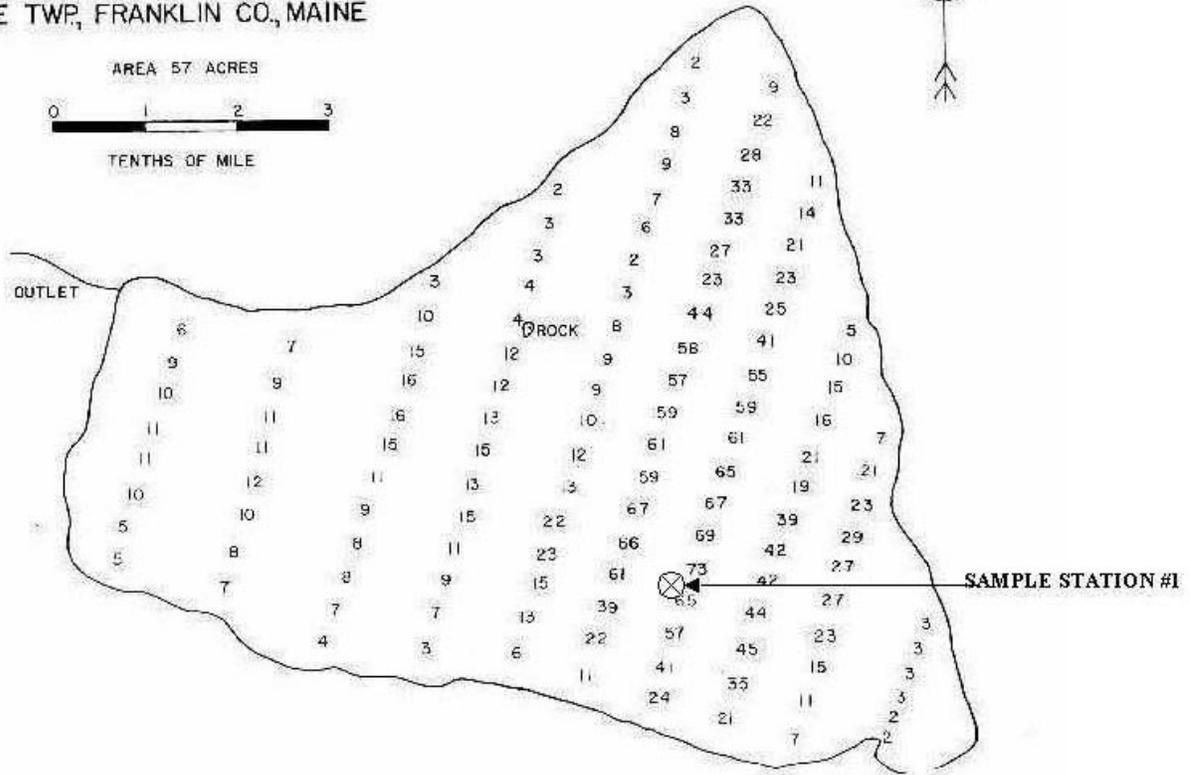
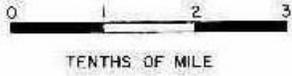


MIDAS # 3578

# SABBATH DAY POND

E TWP, FRANKLIN CO., MAINE

AREA 57 ACRES



# SABBATH DAY POND

Township E, Franklin County  
U.S.G.S. Houghton, Maine (7½')

## Fishes

Brook trout  
Rainbow smelt

Minnows  
Lake chub

## Physical Characteristics

Area - 57 acres

Maximum depth - 73 feet

Principal fisheries: Brook trout

Temperatures:

Surface - 72°F  
65 feet - 39°F

Sabbath Day Pond is located in Public Reserve Land south of Four Ponds Mountain along the Appalachian Trail. The pond has no major inlets, but a short outlet flows west into nearby Long Pond. The pond's shoreline is mostly undeveloped.

Water quality in Sabbath Day Pond is good for coldwater gamefish with cool, well-oxygenated water at all depths. Adequate areas for brook trout to naturally reproduce are available along the pond's shoreline. The fishery is maintained without stocking. Growth is good with only light competition from other fish species.

Sabbath Day Pond is accessible via a trail reached from gravel logging roads off the Cross Town Road. The pond is open the fly fishing only in the open water season and is closed to fishing during the winter months. See the lawbook for additional regulations.

Surveyed - August, 1959

Resurveyed - 1988

(Revised - 1990, 2001)

Maine Department of Inland Fisheries and Wildlife

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